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Wednesday, May 30, 2012
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and be free.

Value Village pays local nonprofits every time you donate.

Donations benefit:

Saskatchewan Institute on Community Living Inc.

Canadian Diabetes Association

ValueVillage
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www.valuevillage.com

RECYCLE WITH STYLE AT VALUE VILLAGE

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Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

DID YOU KNOW? Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association and Saskatchewan Institute on Community Living. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

In this area, a convenient Community Donation Centre is located at 1230 Broad St, Regina, SK. For more information on Value Village's nonprofit partnerships and recycling efforts visit **valuevillage.com**.

Donate
and make a difference

Help the community and planet Earth by donating your reusable clothing and household items at the Community Donation Centre located at Value Village. Value Village pays local nonprofits every time you donate. Plus you'll be helping to keep reusable items from ending up in landfills. So you can feel great when you donate!

SUPPORT:

Canadian Diabetes Association

Saskatchewan Institute on Community Living Inc.

DONATE AT:

Value Village

Too many tots strain schools?

Saskatchewan has the second-highest growth rate in Canada in the number of young kids, which will put pressure on school enrollment and class sizes, says one demographer PAGE 2

THE AGE OF CHANGE

THE OLD AND THE VERY YOUNG JUST KEEP ON COMING: CENSUS 2011 PAGES 6 & 7

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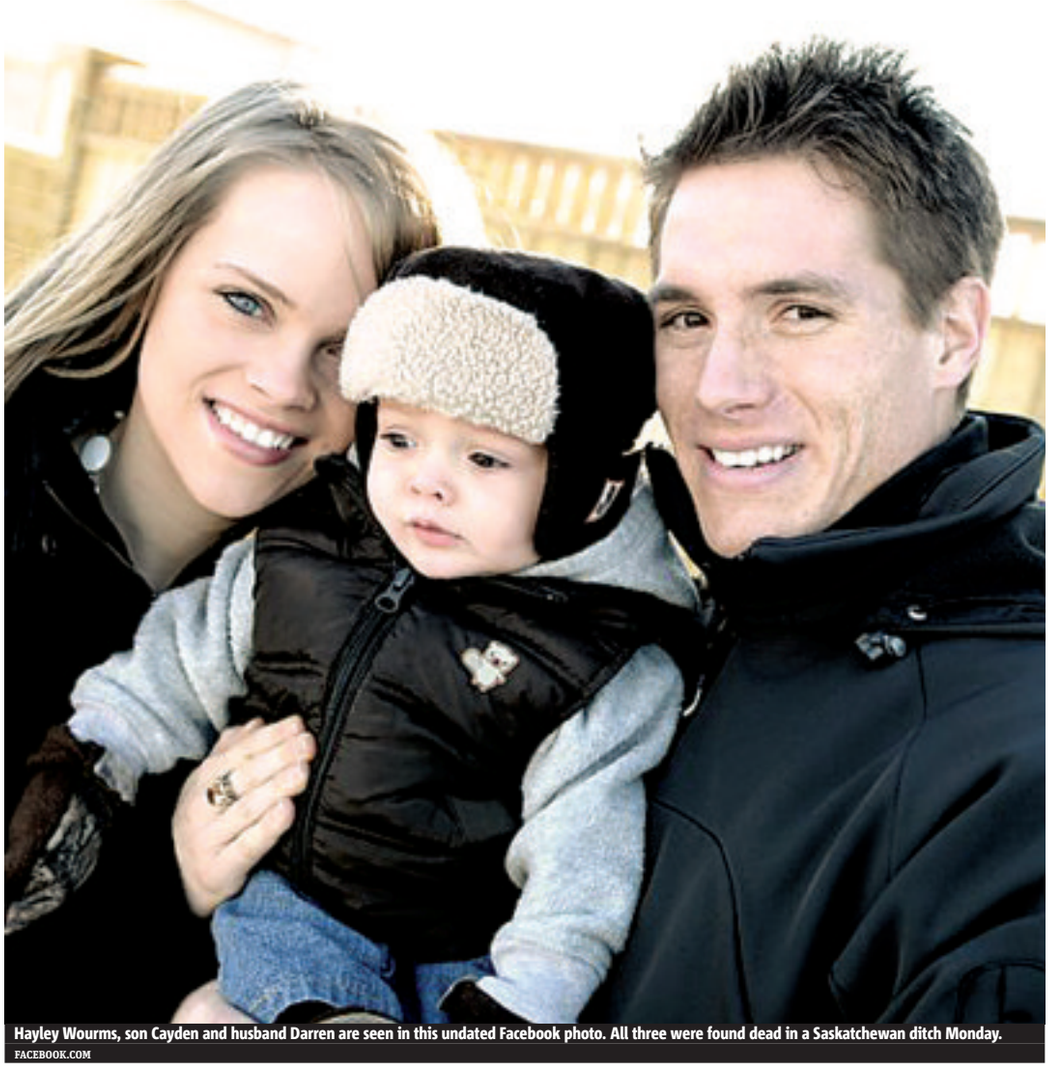


Hayley Wourms, son Cayden and husband Darren are seen in this undated Facebook photo. All three were found dead in a Saskatchewan ditch Monday.

FACEBOOK.COM

Family found dead in a ditch

Family history. Father was taken to hospital for psychiatric evaluation last month after RCMP had received a call of concern

JEREMY NOLAIS
Metro in Calgary

Three Airdrie, Alta., residents — a husband, wife and their two-year-old son — were found dead in a northern Saskatchewan ditch in an apparent murder-suicide, RCMP revealed Tuesday.

The bodies of Darren Wourms, 26, wife Hayley Wourms, 23, and son Cayden were spotted by a passing motorist next to a dirt road close to St. Walburg on Monday afternoon.

The family's Buick Century and a .22-calibre rifle were also found at the scene.

"This is not a normal occurrence," said RCMP Sgt. Paul Dawson.

"This is obviously a very traumatic case.... We are taking this very seriously."

Tragedy

"This is not a normal occurrence.... This is obviously a very traumatic case.... We are taking this very seriously."

RCMP Sgt. Paul Dawson

Airdrie RCMP revealed later in the day they had responded to a call in that city involving concerns for the Wourms' well-being in late April.

Darren Wourms was taken to a Calgary hospital for a psychiatric evaluation at that point, but the family's "ongoing struggles" did not warrant criminal charges, according to a release.

Family and friends in Saskatchewan struggled with their loss Tuesday, with many wondering how a seemingly loving family could be involved in such tragedy.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Fantasy meets curriculum

University of Regina pushes boundaries with a new course on the book series that inspired HBO's Game of Thrones PAGE 3

Human remains mailed to Tories

Ottawa police discover two separate packages containing human body parts, one delivered to Conservative party headquarters PAGE 4

Syrian diplomats dismissed

Canada joins allies in expelling Syrian diplomats after massacre PAGE 4

Feathers for Theron

Actress is dressed to kill in Snow White and the Huntsman PAGE 10

1 NEWS

On the web

Dark Knight under the sea

The underwater world has its very own Batman. It carries the shape of the Batman symbol comic fans know all too well, and it's baffling scientists. Watch this and other bizarre aquatic phenomena at metronews.ca.

Mobile news

Many Canadian kids are failing to make the grade when it comes to reaching physical-activity targets, with too few hours devoted to active play and too much free time looking at TV and computer screens. Scan the code to read more.

Growth in number of children puts city schools in jeopardy, experts say

Census. Figures from the just-released StatsCan report highlight a potential strain on services

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

Emily, 2, and Matthias, 1, play in Victoria park on Tuesday. A new StatsCan report showed that the number of kids aged four and under had grown by almost 20 per cent in Saskatchewan since 2006, the second-highest increase in the country. CARRIE-MAY SIGGINS/METRO

A Statistics Canada census report released Tuesday showed that Saskatchewan has the second-highest rate of growth in Canada in the number of children.

The number of children aged four and under increased across Canada, but in Saskatchewan we had a jump of 19.6 per cent since 2006.

Doug Elliot is a demographer and publisher of Sask Trends Monitor. He says that the jump in the province's fertility rates has to do with a number of factors.

He cites the "boom and echo" theory of demographics — that the baby boomers provided the boom, and the generation that is made up of their kids is now the echo. "The echo generation is in the family-formation age, which is folks in their 20s and 30s. Most of the increase in the number is because we've got more women in that particular age group."

The increase in immigration is also playing into Saskatchewan's numbers, says Elliot. "That tends to be the age at which both the inter-provincial migrants and people from outside Canada with young families tend to be the most mobile. We're bringing in folks who are in the right age group to have babies."

But with the higher numbers comes a potential strain on services, says Elliot. "One of the things that's going to happen is five or 10 years from now, we're going to see an increase in enrollment levels in K and grade school. We should be planning for that now."

Trish Elliot (no relation to Doug Elliot) is an instructor, journalist and spokesperson for the public-schools watchdog Real Renewal. She says that public schools are already seeing a strain on services. "It's already a problem."

She says that the Regina school board's original 10-year plan anticipated that the city would have five elementary schools with more than 400 students, with one having more than 500. There are now 13 elementary schools with more than 400 and seven with more than 500, says Elliot.

She says that the system is seeing an increase in student size the equivalent of one classroom per week, but the board has been shutting down schools and moving the kids into bigger institutions. "Regina public is just boxing itself into a corner. There's no room to move in the system right now. They're running out of space."

Quoted

"Regina public is just boxing itself into a corner. There's no room to move in the system right now. They're running out of space."

Trish Elliot, spokesperson for public-schools watchdog Real Renewal

Long waiting lists

Wanted: Daycare staff

Daycare is another service that is influenced by numbers. Gail Szaunter is the chairperson for the board of the Saskatchewan Early Childhood Association (SECA). She says that there have always been long waiting lists for early child-care spaces. But an increase in the number of spaces can't happen without an increase in staff.

Szaunter says that SECA is currently in closed discussions with the Ministry of Education about the issues being faced in child care.

"They're co-operative. We all have the same goal. We all want good quality programs for Saskatchewan children. And how we develop the number of trained staff is certainly on the agenda."

Regina by the numbers: We are getting younger

Senior citizens now represent 13.1 per cent of the population of the metropolitan area of Regina, a ratio lower than the national average, the latest census numbers from Statistics Canada show.

Census information on age and sex makes it clear that Canadian society is getting older. The data released Tuesday comes from census forms filled out May 10, 2011 — a moment in time when the first of the baby-boom generation was turning 65.

Those of working-age population in the Regina region — aged 15-64 — represent 69.2 per cent of the area's residents. That's up from the 2006 census when 68.9 per cent of the population was made up of working-age residents.

The census showed that 27,620 people in what's known as the census metropolitan area of Regina were aged 65 or older. The ratio of 13.1 per cent of the population compares to a national average of 14.8 and a provincial average of 14.9 per cent.

Five years ago, the 2006 census showed that 13.2 per cent of the metropolitan population of Regina were seniors.

Despite the growing number of seniors in Canada, the country remains one of the youngest in the industrialized world. Among G8 countries, only the United States and Russia have a lower percentage of citizens aged 65 and over.

THE CANADIAN PRESS

Median age

The median age of the metropolitan Regina area was 37.3 years, compared with 37.5 years in 2006.

- Nationally, the median age in 2011 was 40.6 years and the provincial median age was 38.2 years.

More attainable housing proposed for Regina

Rosemont Court. Developer plans to offer CCL mortgage assistance for lower-income families

JEFF MACKEY
jeff.mackey@metronews.ca

An artist's rendering depicts Rosemont Court, NewRock's proposed new development. CONTRIBUTED/NEWROCK DEVELOPMENTS

NewRock Developments, the "attainable" housing developer that unveiled the Eastgate Villas project last week, will go before the Regina planning committee on Wednesday with a proposal for another low-income housing project.

The Eastgate Villas is a 126-condominium development that will offer home ownership to people who might otherwise never get the opportunity. Rosemont Court, the newly proposed development, will offer the same incentives to buyers.

NewRock offers homeowners the CCL mortgage-assistance program, which, through a series of comprehensive benefits, enables lower-income Reginans to work toward owning a home.

"As a company it is one of our mandates to provide attainable housing. We go into markets that are pretty tough, like Regina, where it is hard to get a house and it is really busy, and we give back a certain amount of money," said Cam Ems, president of NewRock Developments.

Rosemont Court will also offer the CCL mortgage-assistance program. The 78-unit development will be on Grey Street, where St. Patrick Elementary School is located.

If Rosemont Court receives planning-committee approval, it will go before city council in early June and shovels could be in the ground as early as this summer, Ems said.

"There are some guidelines on what can be in the area, you know, about how the community is impacted, so that is what we will be presenting," he said. "There is an old school there. It hasn't been a school for 20 years, but it will have to come down."

The popularity of Eastgate Villas was clear when the waiting list for a home in the development went into the hundreds well before the first condos were even completed.

This is due in part to the City of Regina providing a $10,000 door grant to low-income applicants at Eastgate Villas under its Neighbourhood Building Blocks program. Ems said it is not yet clear if a similar program will be set up for Rosemont Court.

Company mandate

"As a company it is one of our mandates to provide attainable housing. We go into markets that are pretty tough, like Regina, where it is hard to get a house and it is really busy, and we give back a certain amount of money."

Cam Ems, president, NewRock Developments

Collective agreement

New contract for SIAST profs

The Saskatchewan Government Employees' Union and Saskatchewan Institute of Applied Science and Technology have signed a new collective agreement retroactive to July 1, 2009. The deal provides a 5.5 per cent wage increase over the length of the contract. Instructors at the lower end of the pay scale will get additional increases ranging from three to eight per cent. Union negotiator Jim Steele said the contract brings pay for union members into line with that of other provinces.

THE CANADIAN PRESS

Sean Bean portrays Eddard Stark in a scene from the HBO series Game of Thrones. U of R professor Susan Johnston is planning a course around the books and the literary influences of their author. CONTRIBUTED

Game of Thrones 101. Course on popular series coming this fall

Once upon a time fantasy novels were on the fringes of the literary world, an escape for readers from both "real life" and academic snobbery. That's about to change.

Next fall the University of Regina English department will run a course on the breakout book series — and HBO adaptation — A Song of Ice and Fire, popularly known as Game of Thrones.

"I think this might be the first course that is offered anywhere, which is kind of exciting," said course professor Susan Johnston.

She believes the class will benefit students. "It draws them into thinking about the way literary change happens over time, the way genres change."

The course is based around series author George R.R. Martin, but it will not focus much on his work before A Game of Thrones. Instead, the class will study Niccolo Machiavelli's The Prince, Sir Walter Scott's Ivanhoe and other works that have influenced Martin.

"It is an exciting opportunity for students to talk about books that many of them love that are hot right now," Johnston said.

"I think the neatest thing about it is that A Song of Ice and Fire is one of those unusual fantasy texts that changes the genre," she added. "It is a chance to not only look at these books, but also to see how these developments happen."

Students are advised that the reading load for the course will be heavy and that reading A Song of Ice and Fire beforehand would be wise. Exams will be in December, and winter is coming.

JEFF MACKEY/METRO

Fantasy class

- Susan Johnston says her class will dissect the popular HBO series as well as the books. "I just finished teaching a graduate-studies class on film adaptations of literary texts," she said.
- The book series is not finished: The final two books, The Winds of Winter and A Dream of Spring, have not yet been published.

Afghanistan

Al-Qaida's No. 2 killed by NATO

The U.S.-led NATO force in Afghanistan killed al-Qaida's second-highest leader in the country in an air strike in eastern Kunar province, the coalition said Tuesday.

Sakhr al-Taifi, also known as Mushtaq and Nasim, was responsible for commanding foreign insurgents in Afghanistan and directing attacks against NATO and Afghan forces, the alliance said.

The air strike that killed al-Taifi and another al-Qaida militant took place Sunday in Kunar's Watahpur district, the coalition said. A follow-on assessment of the area determined that no civilians were harmed, it said. THE ASSOCIATED PRESS

Houla massacre

Canada boots Syrian diplomats

Canada joined allies across the world Tuesday in expelling Syrian diplomats, as the slaughter of the innocent in Houla provoked a broad severing of global ties with the pariah Assad regime in Damascus.

Foreign Affairs Minister John Baird said Canada was expelling Syrian diplomats in the wake of the weekend massacre in Houla. The United Nations said 108 people died in the massacre, including 49 children and 34 women — one of the deadliest events in the 15-month uprising against Syrian President Bashar Assad's regime. THE CANADIAN PRESS

Suspected murders

Couple arrested in connection with death of six kids

British police on Tuesday arrested the parents of six children who died in a fire at their home on suspicion of murder.

Derbyshire police said a 55-year-old man and a 31-year-old woman were arrested together in Derby city centre in connection with the fire earlier this month, which the force said broke out after fuel was poured through the front-door mail slot of the family's home.

Police did not name the suspects, but British media have identified them as Mick Philpott, 55, and his wife Mairead, 31. THE ASSOCIATED PRESS

Gruesome parcels being investigated

Body parts. Following a package containing a human foot sent to Tories, cops intercept a second body part

Ottawa police say a second package containing a body part has been found just hours after a stunned Conservative party receptionist opened a blood-soaked box containing a human foot.

The first was found Tuesday morning in a package that had been delivered to the party's headquarters a few scant blocks from Parliament Hill.

As a result of further investigation, Ottawa police said Tuesday night that they intercepted a second suspicious package containing another human body part. Police released no other details about the second find, and said the major-crime section continues to investigate.

Tuesday morning's macabre discovery led to a prenoon call to police and paramedics about a suspicious package. The first officers to arrive on the scene spotted blood splattered on the package and immediately called in the hazardous-material unit. When the specialists opened the package, police found the severed appendage inside. THE CANADIAN PRESS

Quoted

"I don't think any of us are thinking this necessarily has to do with politics."
Brad Trost, Conservative MP

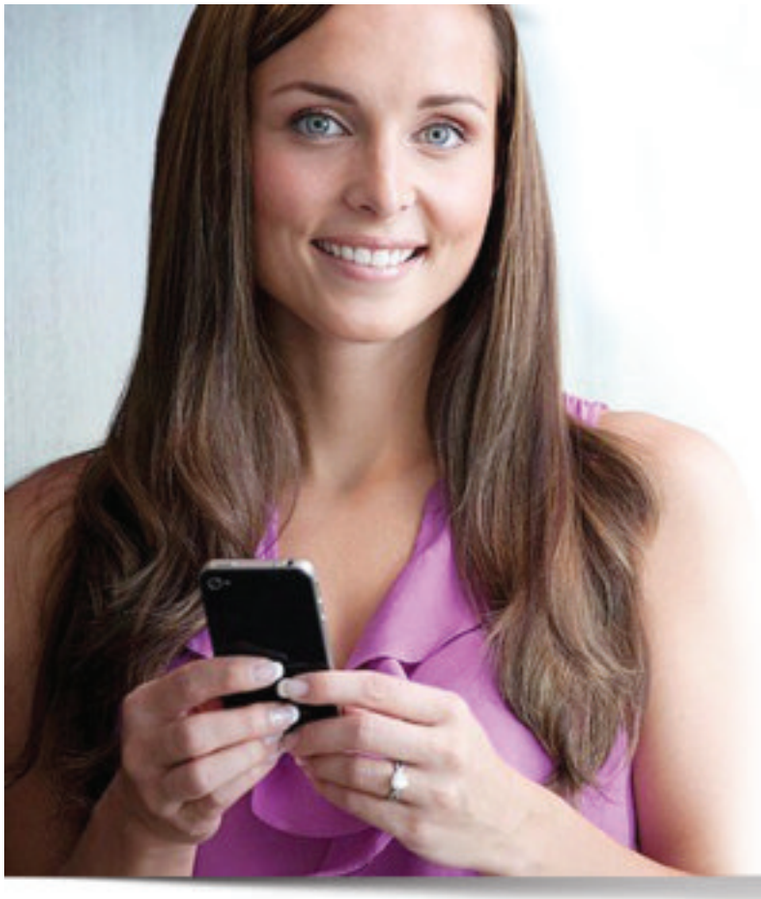
New quake misery hits northern Italy

Rescue teams use dogs as they look for three workers who are reportedly missing at the Haemotronic factory in Medolla, northern Italy, on Tuesday. A magnitude-5.8 earthquake struck the area, which was hit by another fatal tremor on May 20. LUCA BRUNO/THE ASSOCIATED PRESS

Face-chewing horror. Cops seeking witnesses

Authorities in Miami looked for more witnesses after a naked man who refused to stop chewing on the face of another naked man on a busy highway ramp, despite being shot by police, was finally shot to death.

Det. William Moreno said police want to understand what led to the grisly scene in which a witness said the man — identified by authorities as Rudy Eugene, 31 — growled when a police officer told him to stop his attack. The victim, who has not been identified, is hospitalized in critical condition. THE ASSOCIATED PRESS



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The old, the young and the age of change

Census. Toddlers bust a move, but the oldsters just keep on coming, and the implications are only beginning to sink in

Canada is becoming a nation of the aging and the very young.

New census data shows Canada now has a higher proportion of seniors than ever before — a development that has crept up on society with far-reaching implications for health, finance, policy and everyday family relationships.

At the same time, the latest tranche of 2011 census information shows a surprising 11 per cent resurgence of toddlers — a burst of growth in the under-five population that is a complete reversal of trend-lines a decade ago and is rejuvenating every region of the country.

"I wouldn't call it a baby boom, although I think we can call it a significant increase," Laurent Martel, a demography expert at Statistics Canada, said in an interview.

Generally, though, the census shows in great detail what most people already know intuitively: Canada is aging quickly as the baby boomers mature.

The population of over-65ers has surged to nearly five million over the past five years, growing 14.1 per cent since the last official count, Statistics Canada says.

That's more than double the 5.9-per-cent increase for the population as a whole.

It's a trend that's poised to take on momentum. That's because near-seniors — people aged 60 to 64 — grew faster than any other group. Their population soared 29.1 per cent over the past five years, a pattern that will persist as they move up the age ladder.

They are the oldest edge of the baby-boom generation that includes three out of 10 Canadians, and has so dramatically shaped Canada's landscape for decades.

Young people, on the other hand, are a stagnating generation — despite the torrent of toddlers. The under-15 cohort is barely expanding, having edged up just 0.5 per cent over the past five years.

Children under 15 make up just 16.7 per cent of the population now, while seniors are at a record high of 14.8 per cent, and growing.

In just four years, Canada will face what demographers have dubbed "the cross-over": The day when there are more seniors than children.

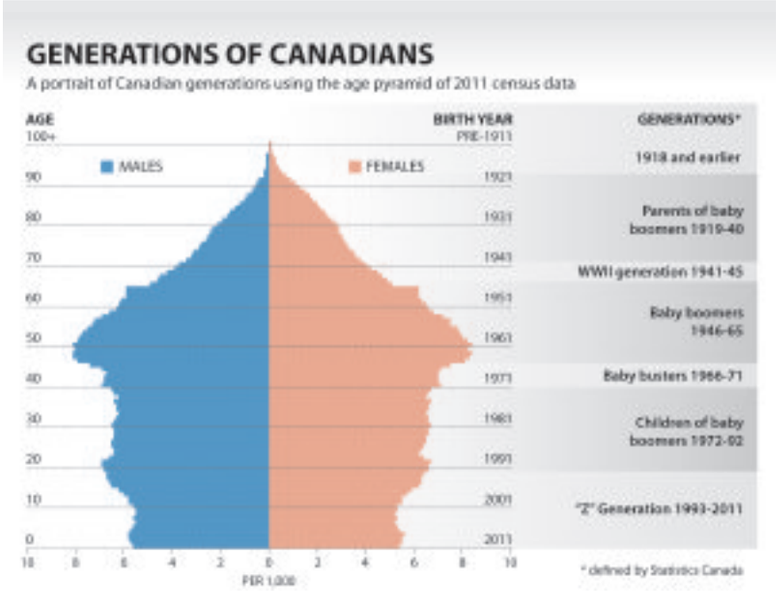
The median age in Canada is now 40.6, the oldest ever, up from 39.5 five years ago and from 33.5 two decades ago.

Canada's population aging is a mix of longer lives and a growing number of people in their senior years, Martel said.

In 2011, there were 4,870 women and 955 men aged 100 or more — the second-fastest growing age group with a 25.7-per-cent rate of expansion. By 2031, StatsCan projects the number of centenarians will reach 17,000, rising to close to 80,000 by 2061 as the bulk of the remaining baby boomers moves into the triple digits.

Compared to other G8 countries, Canada's population is relatively young, and the proportion of seniors in Canada is among the lowest in the G8.

That's about to change, Martel warned: Canada had a bigger baby boom than other countries, and as people retire in droves, Canada's aging trend will pick up speed. THE CANADIAN PRESS



By the numbers: Youngest vs. oldest communities

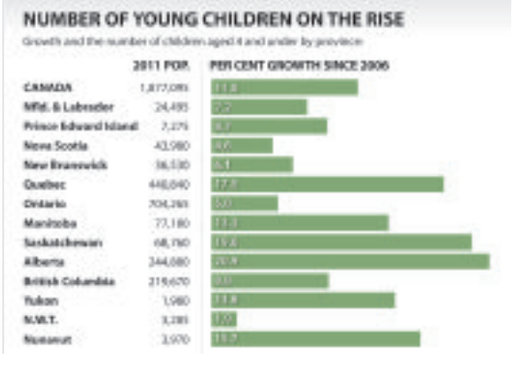
- **Top-5 youngest communities (pop. 10,000 or more)**

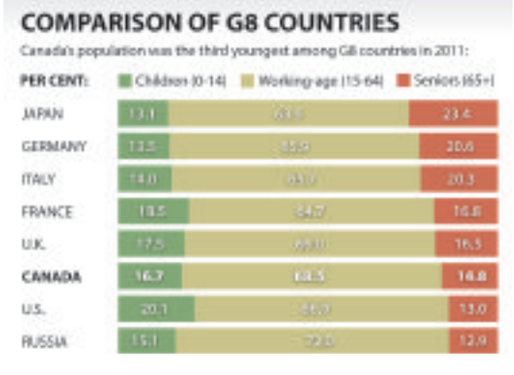
  Mackenzie County, Alta.: 22.6 years
  Hanover, Man.: 27 years
  Grande Prairie, Alta.: 30.3 years
  Petawawa, Ont.: 30.4 years
  Cold Lake, Alta.: 30.5 years

- **Top-5 oldest communities (pop. 10,000 or more)**

  Parksville, B.C.: 58.2 years
  Elliot Lake, Ont.: 57.1 years
  Sidney, B.C.: 56.9 years
  White Rock, B.C.: 53.8 years
  North Saanich, B.C.: 53.7 years

Source: Statistics Canada (Based on median age)





Birth rate

Canada's baby bump is showing

More Canadians, it seems, are changing dirty diapers, serving up spoonfuls of mushy peas and getting tongue-tied over Dr. Seuss books before bed, if the latest census figures from Statistics Canada are any indication.

Previously released population statistics show more people in Canada are having children. The national birth rate increased slightly from 1.59 in 2006 to 1.67 in 2009. In Alberta, the rate is among the highest of the provinces; it was 1.8 in 2010.

Not surprisingly, the latest increase was felt most profoundly in the Prairies, which have become magnets for job-seeking, working-age families looking for a place to put down roots.

In Alberta, the growth rate among kids four and under was 20.9 per cent, followed by Saskatchewan at 19.6 per cent. Quebec also posted a strong increase at 17.5 per cent, as did Nunavut at 15.7 per cent.

Another reason for Canada's baby bump may simply be that there are more moms. Statistics Canada attributed the spike to modestly higher fertility rates in most regions, as well as a growing number of women aged 20 to 34 — traditional child-rearing years.
THE CANADIAN PRESS

On the web

Go to metronews.ca/features to:

- Take the census 2011 quiz.
- Check out the interactive graphic on population projections by age and sex from 1971-2061.
- See the communities map for an interactive breakdown of the data city by city.
- **Watch videos.** Canadians say just "how old is old?"; seniors give longevity tips.

JASON FRANSON/THE CANADIAN PRESS

0.99:1
The ratio of people aged 15-24 compared to people aged 55-64 in 2011. In 1931, that ratio stood at 2.95:1.
2016
The year Statistics Canada projects children under 14 will, for the first time, be outnumbered by seniors. This despite the efforts of a very active Alberta, which saw an increase of 20.9 per cent in the number of children aged four and under between 2006 and 2011.
5,825
The number of people in Canada aged 100 and older in 2011. Centenarians have been on the rise over the last decade, with 3,795 in 2001. But a big jump is coming, according to Statistics Canada projections, with the country on its way to seeing 78,300 centenarians in 2061.
40.6
In years, Canada's median age in 2011 — the age at which one half the population is older and the other half is younger. In 2006, it was 39.5.

Boomers feeling ageism's sting

The generation that embraced the mantra "Never trust anyone over 30" is about to get a rude awakening — if they haven't already.

Baby boomers, who railed against the entrenched social discrimination of previous generations — from sexism to racism — are barrelling headlong into an "ism" they themselves may have done much to perpetuate: Ageism.

And they don't like it one bit.

Those on the leading edge of this huge demographic, which kept millions of bassinets continually occupied from 1946 to 1965, began turning 65 last year, officially becoming senior citizens — a mantel many boomers wear with obvious discomfort.

At 62, Adina Lebo has experienced the unexpected fallout that too many birthdays can confer: After 21 years of providing marketing and promotional services for a major client in the Toronto arts and entertainment industry, she was shown the door. Finding new work has been a challenge, to say the least.

"One day when you least expect it, you find yourself out there looking for a job — and I don't think many people realize how difficult that is, because they're not looking for me anymore," said Lebo, who is single and has no company pension.

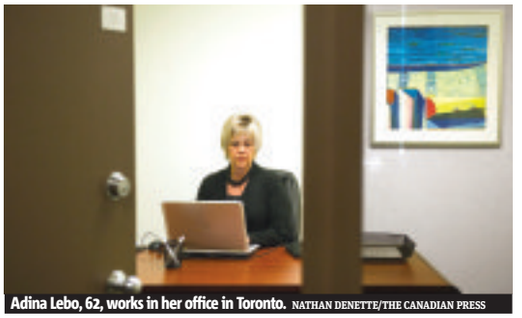
"People weren't returning my phone calls. They weren't replying that they'd received my CV."

Lebo said she's eager to see what opportunities she can create for the next phase of her working life.

"I work out an hour and a half a day. I'm in better shape now than I was in my 20s or 30s. From my perspective, I'm in the peak of my power. I'm looking for my next big job and my next big challenge.

"I'm not ready to be a Walmart greeter."

THE CANADIAN PRESS


Adina Lebo, 62, works in her office in Toronto. NATHAN DENETTE/THE CANADIAN PRESS

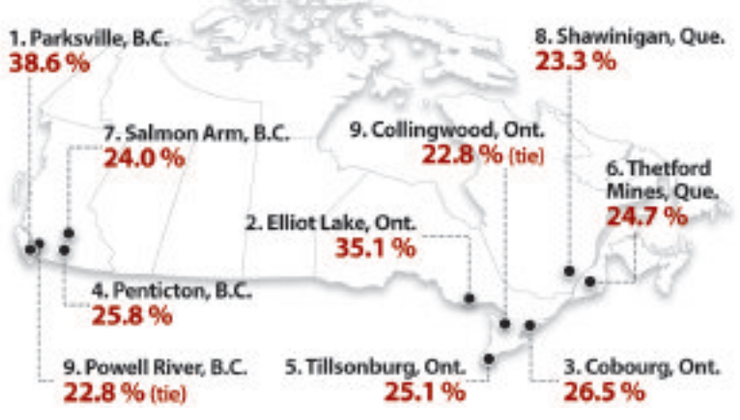
Quoted

"The boomer generation assumed that the ageism they saw their parents deal with — frankly ageism they themselves were guilty of — that they themselves would be exempt."

Susan Eng, vice-president for advocacy at CARP, an organization that promotes the interests of aging Canadians

WHERE THE SENIORS ARE

A look at the Top 10 communities (population 10,000 or more) with the largest proportion of seniors, according to 2011 census data:



How old is old? 'It's how you feel'

Ask Alan Wilson to define "old" and he answers with a hearty chuckle.

"It's just a number; it's how you feel," said Wilson, a spry 82-year-old who teaches line-dancing classes at a seniors' recreation centre in Peterborough, Ont.

"I had a heart attack 10 years ago and that didn't hold me back at all."

To Wilson and many of his friends, being old is a state of mind — one that Canada's increasingly active senior set is choosing to ignore as the leading edge of the baby boom reaches the traditional retirement age of 65.

So, it's a fair question: How old is old?

The point at which health concerns become real-life realities is when a person can truly be considered "old," said Susan Eng, vice-president for advocacy at the Canadian Association of Retired Persons (CARP), Canada's leading seniors' advocacy organization.

"Where the rubber hits the road is when old becomes a limitation," said Eng.

And rather than deny that true old age — with its eventual drawbacks — will hit them one day, it's vital that modern seniors embrace their aging, she added.

THE CANADIAN PRESS

Russian researchers discover massive new cyber-weapon

'Flame.' Virus can turn infected computers into listening devices and even have them suck info out of nearby cellphones

A massive data-slurping cyber-weapon is circulating in the Middle East, a Russian Internet-security firm reported Monday, saying that computers in Iran appear to have been particularly affected.

The virus, dubbed "Flame," is unprecedented both in terms of its size and complexity, Moscow-based Kaspersky Lab ZAO reported, saying it possesses the ability to turn infected computers into listening devices and even suck information out from nearby cellphones.

The announcement sent a ripple of excitement across the computer-security sector. Flame is the third major cyber-weapon discovered in the past two years, and Kaspersky's conclusion that it was crafted at the behest of a national government fuelled speculation that the virus could be part of an Israeli-backed campaign of electronic sabotage aimed at archrival Iran.

Some evidence suggests that the people behind Flame also helped craft Stuxnet, a notorious virus that disrupted controls of some nuclear centrifuges in Iran in 2010, according to Ilan Froimovici, the technical director at Power Communications, which represents Kaspersky in Israel.

The two codes "use the same vulnerabilities in the operating system and the computer infrastructure in order to infect the computer system. We do believe that the same programmers built the two codes," he said.

Stuxnet revolutionized the cyber-security field because it targeted physical infrastructure rather than data, one of the first demonstrations of how savvy hackers can take control of industrial systems to wreak havoc.

THE ASSOCIATED PRESS

'Very unusual' virus

Alan Woodward, a professor of computing at the University of Surrey in southern England, compared the virus to a smartphone — depending on what kind of espionage you want to carry out, "you just add apps."

- He said Flame can turn an infected computer into a kind of "industrial vacuum cleaner," copying data from vulnerable cellphones or other devices left near it.

New Nest knows best temp

The Nest Learning Thermostat, shown above, went on sale to Canadians on Tuesday for $249 US — the first country outside the U.S. to get access to the buzzed-about product. Company co-founder Tony Fadell — the lead designer of the iconic iPods and iPhones before leaving Apple in 2005 — thinks Canadian homeowners are ready to spring for a high-tech, premium-priced thermostat, just as they've embraced Apple's slick but pricey smartphones and tablets. The Nest doesn't need to be programmed and instead learns what temperatures owners like to keep their home at during different times. After a few days, the unit will be able to go on auto-pilot and automatically shift the temperature up and down, Fadell said. It can also sense when the house is empty and turn down the furnace or air conditioner, or users can remotely make adjustments with a web browser or app. CONTRIBUTED/THE CANADIAN PRESS

Wall Street

Facebook stock falls below $30 US

Facebook's stock has fallen below $30 US for the first time since its much-awaited public debut this month.

The stock fell $3.07, or 9.6 per cent, to close at $28.84 on Tuesday. That's down 24 per cent since its public stock debut. It went as low as $28.65 earlier in the day.

Facebook Inc. began trading publicly on May 18 following one of the most anticipated stock offerings in history.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.76¢ (+0.08¢)

TSX 11,609.3 (+43.15)

OIL $90.76 US (-10¢)

GOLD $1,548.70 US (-$20.20)

Natural gas: $2.517 US (-5.1¢)
Dow Jones: 12,580.69 (+125.86)

DADS SAY THE DARNEDEST THINGS

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Justin Halpern is a testament to the power of Twitter.

A lovable loser who was dumped by his girlfriend, he moved back home and started mining his father's advice, salted liberally with profanity, and tweeting it to his followers, who grew into the millions.

Eventually that turned into a book contract, then a book called S--- My Dad Says, then a sitcom starring William Shatner as "Dad," and now another book, this one called I Suck at Girls. And he has already sold the TV rights.

As Dad says: "Any idiot can get lucky once. Takes a special idiot to get lucky twice." Gee, thanks.

Father-son code

"My own dad preferred to deliver his wisdom in code. He only ever said two things to me: 1) Pass the salt and 2) Get a job."

Oh, and Halpern eventually got — and married — the girl, so maybe he doesn't actually suck at girls.

My own dad preferred to deliver his wisdom in code. He only ever said two things to me: 1) Pass the salt and 2) Get a job.

After a while, the charm of wondering whether any request for advice was going to be met with either Option 1 or 2 wore off, and I stopped asking. I mean, I already had three jobs and always passed the salt. As far as I could tell, following instructions failed to help with girls.

One of my earliest attempts at romance failed when the object of my affections said I'd make "some girl a great husband." Which at the time sounded like a crushing put-down. Which it was. Even worse, I'm not even sure my actual wife would agree.

Halpern says that when his wife-to-be broke up with him the first time, it was his lucky day. Otherwise he never would have moved back home and tweeted Dirty Dad to riches and fame.

I had the same kind of bittersweet formative love life: When I was 16, I met a terrific girl with terrific red hair and a terrific itsy-bitsy teeny-weenie yellow polka-dot bikini. Unfortunately, she also came with a psychopath named Ray who owned a Harley.

So I was curious about what Sam Halpern had to say about the inhabitants of Venus.

Here's the cleanest I could find. "No, you can be ugly and get laid. You just gotta be willing to s---w someone uglier than you." Dad's a real piece of work.

I Suck at Girls is shot through with similarly colourful bromides. At one point, when he was nine, Justin asked Sam to explain the birds and the bees. "No," said Sam. "You don't even have hair on your balls."

I think I prefer "Pass the salt" and "Get a job."

According to a recent survey, Justin and I aren't the only ones getting bad advice. Turns out only 31 per cent of Canadian women actually experience an orgasm during sex, compared to 84 per cent of men.

Maybe we should all just get a job instead.

Justin Halpern FREDERICK M. BROWN/GETTY IMAGES

Royal portrait is rubbish

CONTRIBUTED

Royalist art

The Queen has a button nose — literally

Jane Perkins
CONTRIBUTED

Artist Jane Perkins has created three portraits of the Queen made from unwanted buttons, beads and small plastic toys.

The triptych depicts the monarch in three stages of life: During her Coronation, Silver Jubilee and Diamond Jubilee. The above two are for the Coronation and Diamond Jubilee. METRO WORLD NEWS

Perkins on her Queen art

- **Sum of many parts.** "I honestly cannot say how many separate items I have used in these portraits. Generally speaking, I use everything from small plastic toys, beads, broken jewelry, buttons, bottle tops and other small found objects to create my art. I get these materials from car boot sales and charity shops that can't sell them. I started out doing this art while making brooches in my final year in my degree in textiles. I was inspired by headdresses from Ecuador used in religious processions, many of which have been made from Barbie doll parts. While I don't consider myself an ardent royalist, I have enjoyed making the portraits of the Queen, particularly making the crown with different shiny objects can be a very creative process."
- **How it's all pieced together.** "It doesn't take too long to make one portrait — only two weeks. First, I blow up an image of the person to a 70-by-50 centimetre size, and start sticking the various objects on top of the blow-ups themselves. As the colour of the blow-up photocopy is often faded, I always have an 'original,' smaller but higher-resolution image to work from. This way, I can stay true to the original colours of the portraits when I add my items."
- **Artistic philosophy.** "I have serious views about recycling and reusing materials. We're drowning in so much unwanted stuff."

In numbers

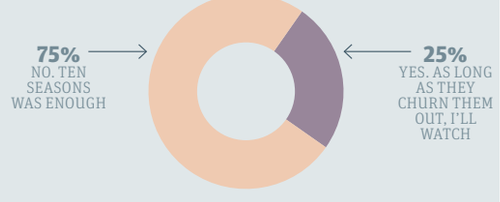
129

The number of portraits the Queen has sat down for during her reign. Lucien Freud's portrayal in 2001 proved to be the most controversial, with critics describing the sober likeness as "extremely unflattering."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Did you tune in to the finale of the 11th season of American Idol?



Twitter

@michellina697: #yqr check out @ourwascana ! Leave your comments! Help make the park an even better place!

@_northwinds: #badjokes - What did the green grape say to the purple grape? Breathe, idiot! BREATHE! #yqr

@MrEhRon: @SaskSchoolBoard pls RT Last days to vote for Albert School #Regina class mkover. http://ow.ly/1MVVp7 and http://ow.ly/1M8wpe #yqr #sask

@_northwinds: #badjokes - what has two legs and bleeds? Half a dog! #yqr

@funke_kat: "@xxomandaoxx: Waiting for the bus and some guy is begging me to go buy him tylenol. #downtownproblems #yqr" lol awesome

metro

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2

SCENE

Scene in brief

Citytv announces fall lineup

A new comedy from the creators of Will & Grace, the addition of late night host Jimmy Kimmel and the arrival of Katie Couric's daytime talk show are among the highlights of Citytv's fall slate of shows. Upcoming offerings include the buddy comedy Partners from Will & Grace creators David Kohan and Max Mutchnick, the odd-couple sibling sitcom Ben and Kate, Mindy Kaling's single-camera The Mindy Project and Reba McEntire's Malibu Country. Another five comedies are set for mid-season: 1600 Penn, about life in a dysfunctional White House; The Goodwin Games about three grown siblings who stand to inherit millions; How to Live with Your Parents (For the Rest of Your Life) with Sarah Chalke as a single mom forced to move back in with her parents; plus Citytv productions Package Deal, about three overly close brothers and Seed, about a sperm donor who becomes entangled in the lives of his newfound children. Meanwhile, J.J. Abrams's dystopian drama Revolution and the creepy 666 Park Avenue also hit airwaves this fall. The Hannibal Lecter thriller Hannibal and Sex and the City prequel The Carrie Diaries will air mid-season. THE CANADIAN PRESS

On the web

Barenaked Ladies frontman Ed Robertson co-hosts Live! With Kelly

'We wanted to have a formidable silhouette,' said costume designer Colleen Atwood. 'And from a distance it's spooky with the crown and her height and everything.' CONTRIBUTED

Evil thoughts and threads

Snow White and the Huntsman. Dressed to kill — Charlize Theron shines as a wicked queen in beautiful but 'treacherous' costumes

Charlize Theron's evil queen costumes for Snow White and the Huntsman called for hundreds of hand-cut rooster feathers, thousands of iridescent beetle wings from Thailand and one particularly imposing crown.

The outfits, some of which are on view at an LA pop-up gallery ahead of the film's June 1 opening, represented a host of firsts for Academy Award-winning costume designer Colleen Atwood.

From the leather piping on the pleats of the queen's wedding gown to the gauzy green metal trim on the beetle-wing dress, the nine-time Oscar nominee and three-time winner experimented with materials for director Rupert Sanders' dark take on the classic fairy tale.

"The idea of the fairy tale sets you free in a way because you can make it up," Atwood said. "And I love to make up stuff." She created an armoured ensemble fit for a queen by dressing up chain mail with rolled leather and horsehair trim and topping it off with a particularly pointy metal crown.

"We wanted to have a formidable silhouette," Atwood said, "and from a distance it's spooky with the crown and her height and everything." (Theron stands nearly six feet tall, the designer added.)

In Sanders' version of the Snow White story, Kristen Stewart portrays the only woman in the land fairer than Theron's evil queen Ravenna. The queen dispatches a huntsman (Chris Hemsworth) to kill the young woman, but instead he becomes her mentor and protector.

Atwood took on the project after finishing work on Tim Burton's Dark Shadows, starring Johnny Depp. Atwood and Burton are frequent and successful collaborators. Her most recent Oscar was for his 2010 film Alice in Wonderland, and she earned nominations for her costumes in Burton's Sweeney Todd: The Demon Barber of Fleet Street and Sleepy Hollow.

Academy-Award-winning costume designer Colleen Atwood with a costume from Snow White and the Huntsman in Los Angeles. THE ASSOCIATED PRESS

Snow White director Sanders said Atwood's wardrobes "blend seamlessly into this world, and they speak volumes about the world and its characters."

Theron agreed. From the wedding dress, with its architectural shoulders that appear to be made from bones, to the twice-embroidered gown that eventually resembles an old, peeling skin, Atwood's costumes reflect the evil queen's obsession with appearances.

"Every costume had a feeling of not quite what it seems," Theron said. "In a way, these dresses were like torture devices for Ravenna. I love that because I feel like Ravenna was, in a way, more torturous toward herself than to the people she was killing."

To minimize the actual onset torture, Atwood employed a team of about 50 people to help the actors in and out of the elaborate costumes.

But the beetle wings remain dangerous. Thousands of the hard, brittle wings decorate the evil queen's regal dress of silk and metal mesh.

"They're incredibly sharp, so I had to be careful about how I used them. If you hit them, you can hurt yourself," the designer said. "They're quite treacherous, which really suited the character." THE ASSOCIATED PRESS

A guide to killer animal movies

Piranha 3DD. In the hinterland who's who of cinema there are as many kinds of 'animals gone wild' movies as there are animals

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend Piranha 3DD dusts off not one, but two nature attacks genres.

First and foremost it falls squarely into the 'death from the briny depths' category. In the movie blood-crazed prehistoric fish nibble their way through a fresh pack of nubile teenagers at a water park, joining the likes of Jaws (hungry shark on the beach species), Mako: Jaws of Death (psychic sharks) and Tentacles (angry squid gets even with calamari eaters) and Piranha, the 1978 film about man eating fish at a summer resort ("They're eating the guests, sir."). Frankenfish features a genetically engineered fish who is a double threat — it swims and walks on land!

Piranha 3DD also falls into the 'hungry primeval creature' sub-genre. Most famous of this genre is Grizzly, a 1976 movie about an ancient 18-foot bear who snacks on campers.

On the other end of the scale are the 'mutated bug' movies. Tired of being squished under foot these critters are the product of scientific research or radioactive mutation. Them! and Empire of the Ants see radioactively modified ants acting up, while William Shatner battles killer web-slingers in Kingdom of the Spiders. In Spider one character sums up the plot with the line, "That spider is a killing machine!"

Alfred Hitchcock didn't invent the 'when-animals-attack' genre, but he helped create the 'we're mad as hell and aren't going to take it anymore' (animal edition) variety.

Animals had gone wild on film before The Birds, but usually because they were tormented by their owners — King Kong — or victims of radiation — see 'chemically altered bug movies' — or hungry — Food of the Gods where giant chickens feed on humans — but Hitchcock's birds attack for no reason.

Christopher Lloyd stars as Mr. Goodman in Piranha 3DD HANDOUT

Next is the 'mother nature is angry' genus, and everyone knows it's best not to annoy Mother Earth. Everyone that is except the campers who learn that forest animals don't react kindly to having their home turned into a waste dump in Long Weekend.

And finally there's the 'animal cage match', seen in Frogs, in which members of a rich Southern family are massacred by all manner of animals — birds, lizards and even butterflies — in payback for ruining the environment.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Bynes ALL PHOTOS GETTY IMAGES

Amanda Bynes defends herself after news of third hit-and-run

It's just now coming to light that Amanda Bynes may have been involved in a third hit-and-run incident in April — just four days after her arrest for driving under the influence following her hitting a police car, according to TMZ.

A woman says a BMW slammed into her car on the 101 freeway on April 10, then sped off. While the woman gave chase, she was only able to get the license plate number, which police traced to a rental car that had been hired by Bynes. The woman identified Bynes as the driver using her mug shot from her recent arrest.

Quoted

"I cant help but laugh at all of you writing fake stories about me. I was not in any hit-and-runs."
Amanda Bynes

Jessica Biel

Jessica Biel says wedded bliss won't change her life

Jessica Biel admits she isn't expecting a whole new life once she marries Justin Timberlake.

"To me, nothing will really change, because I'm almost never home," she tells Gala magazine. "But when I am home, I enjoy cooking."

So what exactly does the actress like to make? "I especially love making cupcakes," she says. Biel also describes herself as "someone who lets things happen naturally," so don't expect a baby right away from the famous couple.

The Word

Wayne Coyne shows us a new side of Erykah Badu

THE WORD
Pat Healy
scene@metronews.ca

Flaming Lips frontman Wayne Coyne can always be counted on to fulfill a few basic rock 'n' roll needs: providing drastic psychedelic reinterpretations of songs you thought you already knew; teaming up with left-field collaborators that might not make sense on paper but sound awesome in practice; and tweeting the odd nude photo of himself, somebody he knows or somebody that you know.

Yesterday, Coyne got a hat trick when he tweeted nude photos of Erykah Badu, with whom he was shooting a video for a 10-minute cover she did with the Lips of a song that Roberta Flack made famous, The First Time Ever I Saw Your Face. The photos showed Badu bathing in glitter, covered in blood and generally seeming like a perfect foil to Coyne's weirdness.

God bless the Flaming Lips!

She's expressing something

While rehearsing her hit Express Yourself for a concert in Tel Aviv over the weekend, Madonna mixed things up a little and transitioned eerily, hilariously smoothly into Lady Gaga's Born This Way.

Like everyone else, Madonna flagged Gaga's song for sounding like a knock-off when it was released, calling it "reductive" and a "wonderful redo" of Express Yourself.

We're not sure what to think here: playful peace offering acknowledging that there's room for two, or is this Madonna's severed unicorn head?

WITH FILES FROM MONICA WEYMOUTH

Robert De Niro

Robert De Niro offers career advice to grads

Robert De Niro received an honourary doctorate from Bates College in Maine this weekend, and he gave some interesting advice.

"I think this is the most important piece of advice you'll get today: become a movie star," De Niro told the crowd, according to the Bangor Daily News.

"You might be tempted by other careers, other interests, other commitments. There might be pressure on you to change the world, but you want to find the strength to resist. When I started, I wasn't a movie star, and it sucked. The moment I became a movie star, things started to get better."

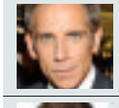
Bar Refaeli

Bar Refaeli dishes on her celebrity crushes

A few years with Leonardo DiCaprio has apparently made Bar Refaeli choosy when it comes to men.

"Justin Bieber and I are going to get married some day," she tells Us Weekly at the Maxim magazine Hot 100 party. (Refaeli came in at No. 1, by the way.) "I also like Tom Cruise. He's very classy. I liked him in Jerry Maguire and in roles like that." And while Refaeli's tastes skew A-list, they're not confined to men, as the Israeli model admits she has a massive girl-crush on Hunger Games star Jennifer Lawrence. "She's natural, she's down to earth. I think she's all that."

Twitter



@RedHourBen
Waiting to smash a car on 52nd street.

@alecbaldwin
Read a newspaper, in print or online, every day

@Mruff221
Did you know one hour of sunlight on the planet delivers enough energy to power the entire world for a year?

@pattonoswalt
For discovering all those murder victims over the years -- thank you, hikers.

3 LIFE

Travel in brief

When you can't take Fido...

When you travel and have to leave your dog behind, you can call a kennel, hire a pet sitter — or find him a new friend online. The website DogVacay debuted in New York and Los Angeles in March and, just in time for the summer travel season, is now available throughout the United States and Canada. The site lets pet owners look up hosts in the area who will care for a dog in their own homes, giving a pet the food, exercise and attention you would give if you stayed home — sort of a doggy version of couch-surfing, for an average price of $25 to $30 a day. Hosts are checked out and interviewed by DogVacay and every owner and dog is encouraged to meet the host. The Santa Monica-based company was founded by Aaron and Karine Nissim Hirschhorn. In two months it has grown to over 4,000 hosts in two countries and from five employees to 13, Hirschhorn said. Visit dogvacay.com for more information.

THE ASSOCIATED PRESS

On the web

Montreal's Ritz-Carlton shows off results of $200-million restoration.

The Gladstone Hotel is entirely dedicated to art. METRO WORLD NEWS

The top five arty hotels

A crappy reproduction of Van Gogh's Sunflowers just doesn't cut it in a boutique hotel trying to attract high-end, culturally sdemanding guests. Here are some hotels that combine style with the feel of an art gallery.

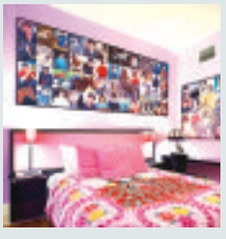
METRO WORLD NEWS

Hotel La Belle Juliette, Paris, France

In 2005, the photography-loving owners of Hotels Paris Rive Gauche, a group of boutique hotel gems in the French capital, commissioned photographers to capture the essence of a night's stay at one of their hotels in a single shot. The project proved such a hit that it inspired an annual "A hotel photo, an artist's view" photo prize and exhibition, to support up-and-coming photographers. Each month a different young photographer is invited to give their take on a night's stay at a HPRG hotel; the results are shown on phpa.fr and in an annual show in a gallery. hotel-belle-juliette-paris.com

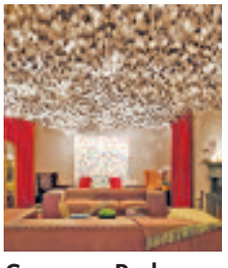
Town Hall Hotel, London, England

The owners of this imposing hotel in the former Bethnal Green Town Hall commissioned seven artists to create works as it was being built. They integrate sensitively with the original features from the 1910s and 1930s and reflect the building's rich history; the art here is built into the hotel. So Debbie Lawson's wooden veneer Victorian-era ladies of the night are discreetly inlaid into the parquet floor that runs along the first floor corridor, and Zoe Mendelson's artwork lights up the 1930s original Town Hall safe in the reception. townhallhotel.com



The Gladstone Hotel, Toronto

Not only are the 37 rooms in Toronto's artiest and oldest continuously-operating hotel designed by artists, but the entire building is dedicated to art. A full-time curator organizes exhibitions in the four galleries, and the hotel hosts around 100 art events and exhibitions every year, as well as live performances, comedy, gigs, burlesque and creative courses. More than 4,000 art lovers flock to the annual Come Up To My Room festival, when artists and designers display their works, with sculptures throughout the corridors, the guestrooms and generally imposing their presence on the hotel's public spaces for four days. gladstonehotel.com



Gramercy Park Hotel, New York

It's not every night that you get to sleep beneath one of Damien Hirst's spin paintings, but you can do that at the Gramercy Park Hotel. This is hotel meets art museum. The flamboyant interiors of this grand hotel were reconceived by designer Ian Schrager and painter Julian Schnabel, whose work hangs above the fireplace. Priceless works are littered throughout this wildly creative space, from Basquiats and Andy Warhols discreetly hung in lounges alongside bespoke designer furniture pieces, to a vast scarlet Cy Twombly canvas in the lounge. gramercyparkhotel.com

The Saxon Hotel, Johannesburg, South Africa

This luxurious hotel in Johannesburg has a strong sense of its African heritage – Nelson Mandela moved in here after he was released from his prison ordeal and wrote his famous autobiography, The Long Road to Freedom. The hotel recently invested in a significant collection of African art, acquiring more than 200 original artworks created by 11 emerging and established South African artists, giving guests the chance to fully immerse themselves in African culture. saxon.co.za

Good things come wrapped in paper

Black Cod. Asparagus and creme fraîche walnut sauce makes this one delicious meal

Simple, light and delicious, this recipe combines fresh herbs and spices that perfectly complement the rich butter flavour of the fish.

The combo of creme fraiche and walnuts add a crunchy twist to a delicately spiced, classic meal.

The creamy walnut sauce can also be served on top of chicken breasts or turkey. It makes a delicious vegetable dip as well.

Ingredients

- 250 ml (1 cup) walnut pieces, coarsely chopped
- 75 ml (1/3 cup) fresh tarragon leaves, chopped
- 60 ml (1/4 cup) creme fraîche
- 45 ml (3 tbsp) Dijon mustard
- 45 ml (3 tbsp) apple cider vinegar
- 30 ml (2 tbsp) walnut or olive oil
- 15 ml (1 tbsp) capers, chopped
- 4 small potatoes, thinly sliced
- 20 asparagus spears, trimmed
- 4 pieces (each 150 g/4 oz) black cod

1. Cut 4 circles of parchment paper (each 38 cm/15 inches in diameter); set aside.

2. In a bowl, combine walnuts, tarragon, creme fraiche, Dijon mustard, vinegar, walnut oil and capers; set aside.

3. Fold one parchment round in half and unfold. Spread one sliced potato in the centre of the bottom half of parchment. Place five asparagus spears on top of the potato and then lay the black cod on the asparagus.

4. Spoon 1/4 of the walnut mixture on top of the cod and fold the top half of parchment over. Seal edges by twisting and pressing the edges together in a half moon pattern. Repeat with remaining pieces of cod.

5. Place parchment packets on a baking sheet and bake in 200 C (400 F) oven for 20 to 25 minutes until parchment is lightly browned.

6. Remove from oven. Carefully cut a slit in the top of the packets, taking care as contents will be hot and steam may escape. Tear back edges of paper to reveal fish and serve. THE CANADIAN PRESS/ WALNUTINFO.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Black Cod en Papillote

This recipe serves four. THE CANADIAN PRESS H/O

Drink of the Week

Watermelon Mojitos

1. In a tall glass, place mint. Using back of a wooden spoon, muddle. In blender, purée watermelon, 20 seconds. In a cocktail glass, combine watermelon, cherry syrup, lime juice and rum. Stir. Add ice and top with sparkling water. Serve immediately.

- 3 fresh mint sprigs
- 50 ml (1/4 cup) watermelon purée
- 5 ml (1 tsp) cherry-flavoured syrup or grenadine
- 45 ml (3 tbsp) freshly squeezed lime juice
- 50 ml (1/4 cup) light rum
- Ice cubes
- 30 ml (2 tbsp) chilled sparkling water or club soda

THE CANADIAN PRESS/ WATERMELON.ORG

Steam your way to healthy fish options

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Admittedly, steamed fish doesn't exactly scream mouthwatering. But what it lacks in excitement it makes up for in health cred.

Steaming generally involves no added fat and is a great way of retaining all of the nutrients in your food. It's also speedy.

One of the best ways to steam fish is what the French call en papillote (pronounced on pap-ee-oat), or literally "in parchment." In this simple method, fish is wrapped in a packet of parchment paper. As it cooks, the food releases juices. Those flavourful juices turn to steam and are trapped in the packet, cooking and flavouring the food, while keeping it moist.

1. Heat the oven to 375 F.

2. Cut 4 large pieces parchment paper, about 12-by-20-inches each. Fold each in half the short way.

3. In bowl, toss green beans with the paprika. Season with salt and black pepper. Open each sheet of parchment similar to a book. Arrange quarter of beans on one half of each sheet of parchment, placing them close to the fold line. Top each pile with a hake fillet. Season again with salt and pepper.

4. Top each fillet with a sprig of thyme, a mint leaf, a sprig of marjoram and a slice of lemon. Fold the parchment packets closed like a book again. Starting at one end of the fold, fold the edges of the paper together every couple of inches, creating a seam all the way around. Tuck the last end under and place on a baking sheet.

5. Bake 10 minutes. To serve, place each packet on a serving plate and tear open at the centre. THE ASSOCIATED PRESS

Ingredients

- 1/2 pound small green beans, trimmed
- Pinch smoked paprika
- Salt and ground black pepper
- Four 4-ounce hake fillets
- 4 sprigs fresh thyme
- 4 fresh mint leaves
- 4 small sprigs fresh marjoram
- 4 lemon slices

GRAPHIC DESIGNER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print, online and mobile graphic design and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will also possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising, and will have the skill set of an online graphic designer using web based media.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, online, mobile and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- Professional contact with internal and external clientele
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design and animation, comprehensive and complete software knowledge including, QuarkXPress, InDesign, Adobe Acrobat/Distiller, Flash, Photoshop, Illustrator, Image Ready and Dreamweaver
- Proficient on both PC and MAC platforms
- Knowledge in optimizing images for web and mobile (optimal file sizes, file formats etc) while maintaining small file sizes
- Basic understanding of HTML and CSS
- Ability to prep files for print production
- Expert in file stuffing (.sitx, .sit, .sea, .zip) and FTP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Web Design, Animation and/or Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience within a newspaper environment

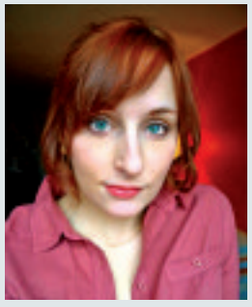
Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 11, 2012. PLEASE QUOTE: "Graphic Designer - Regina" in the subject line. All submissions will be treated as confidential.

metro

Student Voice

The hunt has been harder than expected

Addie Sorrell
Student
Advertising Media Sales student
Humber College
TalentEgg.ca



In 2006, I dropped out of tourism and travel to pursue my dream: music. I specialized in Music Business and Engineering at Fanshawe College in London, Ont., and the program was structured so well that it seemed I wouldn't have any trouble finding a job after graduation.

The initial search was hard, and it took me a couple months of applications and emails before I finally landed an internship at a small music label in Toronto. It was a three-month internship with a chance for more work, I was told. So I packed up and moved to Toronto.

Eventually I was asked to start doing some commission work, which included researching bands and video editing. However, this small amount of pay was only for work I was doing outside office hours.

Three months later, I mentioned the idea of full-time work. My boss said, "This wasn't an internship; this is the job. We pay you commission — that's more than we'd ever give an intern. But keep up the good work!"

Two weeks later, I quit.

This is when it got hard. I spent an entire year unemployed with very few interviews. I applied for jobs in every city, a minimum of three per day.

It was a long and depressing year, and it never got better until a particularly desperate night in June, when I bit the bullet and applied to college programs for advertising. School is the one thing I was never rejected from.

Where I am now

I just finished my first year of Advertising Media Sales at Humber College, with honours. I chose advertising because it can be applied to so many fields and seems to always be a necessity for every successful company. For the past few months, I have been applying for summer internships in advertising and marketing departments all over the city. While I am currently waiting on a promising verdict from one company, it seems not much has changed. I only had two related interviews out of my dozens of applications, and I've run out of job listings. The main problem right now is that agencies want a graduate — someone who will be of use for more than just four months.

My recommendations for students

Job rejection really isn't personal and generally you're competing with 15 other people for one little job. The odds are never in your favour, but that doesn't mean you can just stop. You will never get the job you don't apply to, and you can never fear that rejection.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

You're 'insured' a bright future in this business

Assess your way to success. ISTOCK

We're hiring. An aging workforce and ever-growing industry means jobs, jobs, jobs!

CASSANDRA JOWETT
TalentEgg.ca

If you haven't seriously considered the insurance industry as an ideal place to start your career, maybe these statistics will encourage you to start:

Not even the recent tough economic times could slow the growth of the insurance industry; while many industries were laying off workers at the height of the last economic downturn, about 12,000 positions were added to the insurance workforce in Canada.

In addition, according to recent demographic research conducted by The Insurance Institute of Canada, about half of the approximately 110,000 property and casualty insurance professionals are between 41 and 60 years old, and 25 per cent of them are expected to retire in the next two to six years.

There aren't enough young insurance professionals to fill those gaps at the entry level or to move up into management roles, so the opportunities to start and grow your career within the insurance industry are enormous no matter what your educational background.

Trevor Buttrum, Career Connections Program Manager at the Insurance Institute (career-connections.info), answered a few of our questions to help students and recent grads better understand the job opportunities in this booming industry.

What are the different areas of the insurance industry?

There are three main types of insurance:

Life, Health and Financial: Essentially, making sure money is there to support you in case you get sick or to make sure families and friends do not need to shoulder the costs associated with your final expenses.

Social Insurance: These are government administered programs. In Canada, we are lucky enough to have universal health care. We also have employment insurance and workplace safety insurance which make sure we have a means of financial support in the case of job loss or injury at work.

Property and Casualty: This is essentially for anything without a pulse. Whether it's for something we own, our businesses or even our liability in an accident.

What do people who work in insurance typically like most about their jobs?

When asked what they like most about the industry, many insurance professionals talk about the variety and stability the industry offers.

There is a multitude of opportunities available within the sector that build on your interests, experience and career goals.

The industry also has an openness to working in multiple business areas or changing directions over the course of your career. This allows for a career path that evolves and is as individual as you are.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES.

Want to learn more?

A good starting point is the Career Connections website (career-connections.info). Here students and recent graduates can:

- Read full occupational profiles for each of the nine gateway roles.
- Watch video clips about the industry and hear from professionals about their experiences working in insurance.
- Explore insurance education, licences and professional designations.

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:
- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:
- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 4, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

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Common ground in cup-final showdown

NHL. Devils and Kings took similar paths on journey to Stanley Cup

Mike Richards works out on Tuesday in New Jersey. GETTY IMAGES

Devils head coach Peter DeBoer gives instruction during practice on Tuesday in Newark, N.J. JULIO CORTEZ/THE ASSOCIATED PRESS

A great goalie. Depth in front of him. The ability to win on the road. And a respected coach.

Two teams with plenty of similarities drop the puck Wednesday for the Stanley Cup.

The sixth-seeded New Jersey Devils and eighth-seeded Los Angeles Kings face off at the Prudential Center in hockey's finale.

Both teams have already been forged in the cauldron of the playoffs. As lower seeds, they have not had home-ice advantage and had to get here the hard way.

Depth has been a key to both.

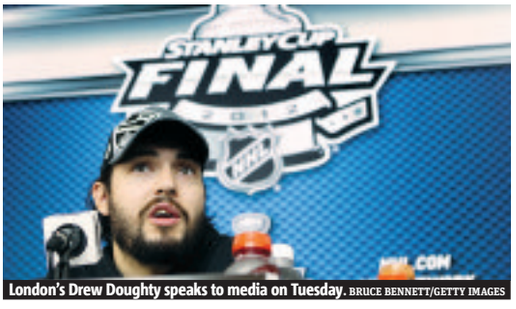
"I don't think it's an accident that the teams that are rolling four lines and six D (defencemen) are still playing," Devils coach Peter DeBoer said Tuesday.

"I think if you talked to Darryl, I would bet he'd say the same thing. It's been critical. You don't play 20, 25 playoff games and the grind and the emotion and the battle without having depth. You just can't."

Said Kings coach Darryl Sutter: "The way the schedule is and the way the travel is, you don't do it without everybody making some sort of contribution. Not just the minutes played but in performance."

Los Angeles is a mind-boggling 8-0 in the playoffs on the road, where the home team has the last line change. New Jersey is 6-4.

Both teams rely on their goaltenders to keep the opposition honest.



London's Drew Doughty speaks to media on Tuesday. BRUCE BENNETT/GETTY IMAGES

Martin Brodeur on Tuesday. BRUCE BENNETT/GETTY IMAGES

New Jersey looks to career Devil Martin Brodeur, a future Hall of Famer who is still going strong at age 40.

Los Angeles has 26-year-old Jonathan Quick, who leads playoff goalies in goals-against average (1.54) and save percentage (.946). Brodeur's corresponding figures are 2.04 and .923.

Much has been made of the Kings' size, but the league says there's really not much difference between the two. The Devils' average height and weight is 6-1 and 204 pounds. For the Kings, it's 6-1 and 208.

New Jersey's average age is 30, compared to 26.5 for Los Angeles.

"I think the goalies bring the average up quite a bit," Devils forward Dainius Zubrus said dryly, referencing Brodeur and 39-year-old Johan Hedberg.

The Kings have more Canadians than the Devils (13 to six). THE CANADIAN PRESS

Breakdown

HOW THEY STACK UP

DEVILS

No. 6 (East), 48-28-6 record, won season series 2-0

The Devils are in the Stanley Cup final for the fifth time and are looking for their fourth title. New Jersey captured the cup in 1995, 2000 and 2003, with its only final-series loss to Colorado in 2001. Martin Brodeur has been there for all the final appearances, and could call it a career at age 40 once this series is over — win or lose.

KINGS

No. 8 (West), 40-27-15 record

The Kings are in the final for the second time in team history. L.A. is still looking for its first Stanley Cup, having lost in five games to Montreal in 1993. The Kings have won an NHL-record eight straight road playoff games — the first team to do it in one playoff year. Los Angeles has outscored opponents 30-13 in its road games. THE ASSOCIATED PRESS

Soccer

Ukraine denies racism claims ahead of Euro 2012

Ukraine's Foreign Ministry says British media reports about racism among the country's football fans portray Ukraine unfairly ahead of the European championship.

The BBC on Monday broadcast a program showing fans in Ukraine and co-host Poland giving the Nazi salute and taunting black players.

Former England defender Sol Campbell told the broadcaster that fans should not travel to the tournament "because you could end up coming back in a coffin."

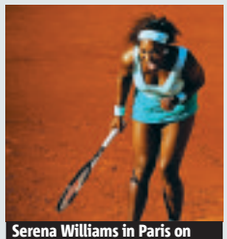
Ukraine Foreign Ministry spokesman Oleh Voloshyn said on Tuesday the BBC report is wrong and claimed Ukraine "is one of the leaders in Europe" in racial and religious tolerance. THE ASSOCIATED PRESS

Tennis

Serena suffers career-first setback

Serena Williams lost in the first round of a major tournament for the first time in her career, falling to Virginie Razzano of France 4-6, 7-6 (5), 6-3 Tuesday at the French Open.

The fifth-seeded Williams was two points from victory nine times in the second set, including leading 5-1 in the tiebreaker. But Razzano won six straight points to force a third set, and then took control of the match. THE ASSOCIATED PRESS



Serena Williams in Paris on Tuesday. GETTY IMAGES

MLB

Judge dismisses two acts in Clemens case

The judge in the Roger Clemens perjury trial has dismissed two of the obstructive acts in the charges against the former pitcher.

Clemens remains charged with two counts of perjury and three counts of making false statements before Congress, along with 13 other obstructive acts. THE ASSOCIATED PRESS

4 SPORTS

Stanley Cup final

"It doesn't make it bitter at all. Quite frankly, I think it's more interesting to watch. I am very fond of Richards and Carter. I'd love to see them succeed. As far as Jersey is concerned, they beat us. If they win, at least we know we lost to the best."

Philadelphia Flyers founder and owner Ed Snider, who said Tuesday he'd love to see former Flyers Mike Richards and Jeff Carter win the Stanley Cup with the Los Angeles Kings. Philadelphia general manager Paul Holmgren's gamble last summer to trade Richards and Carter in the prime of their careers yielded mixed results. The Flyers won 47 games, totalled 103 points, finished fifth in the Eastern Conference and had a six-game post-season series win over odds-on favourite Pittsburgh.

On the web

Manchester United may have lost the English Premier League title to its cross-city rival, but the club still claims to be the most-followed soccer team in the world. Internal research suggests United's popularity has doubled to 659-million followers in the last five years. Scan the code for the story.

5 DRIVE

What Owners Like

Performance, style, excess and exclusivity were the big draws to the Viper. As a new model, it offered the performance to crush cars costing several times more. Extreme performance driving pleasure is enjoyed by Viper owners.

What Owners Dislike

Limited storage, limited shoulder and legroom and gas mileage are the most common complaints. Heat from the engine can also "cook" the driver's feet on long trips.

On the Web

Scan code for more car reviews and news

Used Viper gets you pure performance

Second Gear.
1992 to 2002
Dodge Viper

JUSTIN PRITCHARD
Drive@metronews.ca

Original Dodge Viper models were often bought as a novel weekend car, a racing machine, or to own a bit of history and nostalgia. All models possess a monstrous 10-cylinder engine, two seats and rear-wheel drive.

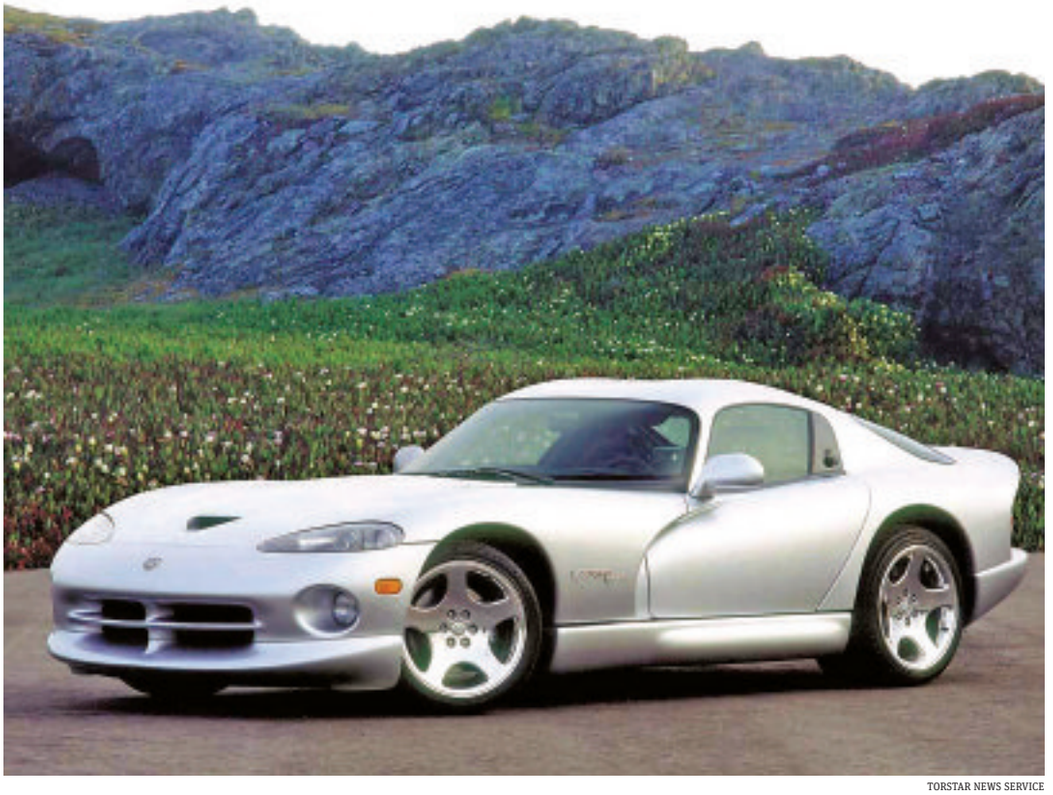
Feature content was modest, though performance was the unquestioned focus of this machine. Coupe and convertible variants were available in GTS and RT/10 designations, respectively.

Common Issues

Have your potential used Viper checked for oil leaks from the valve covers and oil pan gasket. A compression test is also advisable, as is a check of the oil and coolant condition, which could reveal an issue with the head-gasket. This issue seemed to affect mainly earlier models.

On a test-drive, "feel" the transmission for signs of clutch slippage, grinding or hard shifting. Though the gearbox is said to be reliable, abusive driving can shorten its life.

Note that some models suffered from a rear differential which could become separated from its bracket, and/or a power steering rack that could pull away from the front frame.



TORSTAR NEWS SERVICE

Engine

All models in this generation have an 8-litre V10 with 400 horsepower on early models, and 450 horsepower after 1996. A six-speed manual was the only transmission offered.

Verdict

The Viper was loved mainly for its purely insane performance and the instant recognition of passers-by. It's not a car for the faint of heart — though it will appeal to those after all-out firepower ahead of creature-comforts.

Test drive Wheels.ca on your tablet.

ENJOY THE RIDE. IT'S EASY AND FREE.
Vehicle Reviews. Industry News. Get all this and more with the new wheels.ca web app for tablet. No download required.

Wheels.ca

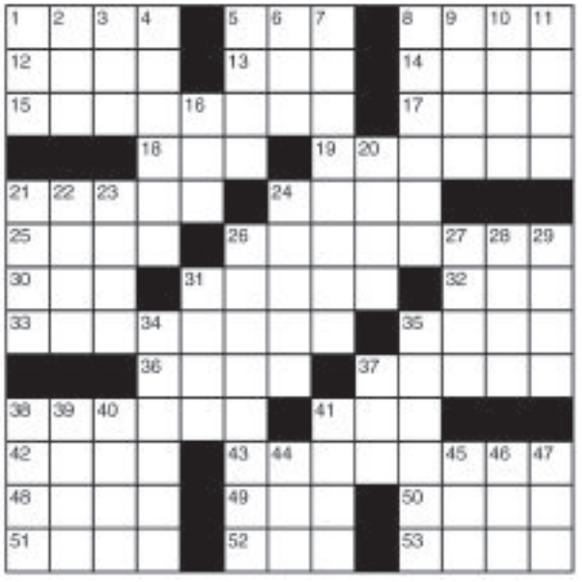
Crossword

Across

1 Distortion in wood
5 $ dispenser
8 Omit
12 Exchange premium
13 Skater Babilonia
14 Domini preceder
15 Critical
17 Defeat
18 Pump up the volume
19 Carelessness?
21 Necklace fastener
24 In-box filler
25 Impetuous
26 Whims
30 Eggs
31 "Be-Bop- —"
32 Actor Holbrook
33 Maximum contents
35 Golf warning
36 Sea eagle
37 Healthy
38 Malay Archipelago sultanate
41 Tackle moguls
42 Theater box
43 South American rodent
48 — podrida
49 Get — for effort
50 Told tales
51 Ottoman governors
52 Torched
53 Therefore

Down

1 Servicewoman
2 Khan title
3 Wardrobe malfunction
4 Fertilizer ingredient
5 On
6 Greek cross
7 Use wrongly
8 Deli meat
9 Make a cardigan
10 Part of the foot
11 Slow
16 Little devil
20 Brazilian river
21 Gator's kin
22 Volcanic outflow
23 Promptly, on a memo
24 Fry lightly
26 Cold and impersonal
27 — En-lai
28 Make
29 Coaster
31 Farm fraction
34 Virgilian hero
35 Weakness
37 Wild blue yonder
38 Amorphous mass
39 Portrayal
40 Unsightly
41 Quarrel
44 Blackbird
45 Melody
46 Rule, for short
47 Commotion



Sudoku

5			4		2			
2	7						3	8
	1			7		6		
	5		2	8				3
		7				8		
8				4	6		2	
		6		1			8	
3	4						7	9
			7		5			4

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	9	7	2	6	5	1	4	3
2	4	6	3	1	7	5	9	8
5	1	3	8	9	4	7	2	6
7	2	8	9	5	1	6	3	4
6	5	9	4	3	8	2	1	7
1	3	4	6	7	2	9	8	5
9	7	1	5	8	3	4	6	2
4	8	5	1	2	6	3	7	9
3	6	2	7	4	9	8	5	1

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Q N A F X N O R Q J X T R J J I

V Z G X Z X G P V D X X E G Z I . N R S

P R D N A T E R Z P N A R O X P A X Q Q

E Z V P X F P N V A E Z V T Z R S .

Yesterday's Cryptoquip: IF A LANDSCAPE GARDENER IS COMPLETELY TIRED AND READY FOR BED, YOU MIGHT SAY HE'S BUSHED.

Today's Cryptoquip Clue: A equals N

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. There may be a lot to do but you will achieve more if you slow down and do one vital thing really well.

Taurus | April 21 - May 21. Your financial position may not be as good as it could be, but neither is it giving serious cause for concern. If you worry, you'll make things worse.

Gemini | May 22 - June 20. You know what you want and you know where and how to get it, so seize the moment.

Cancer | June 21 - July 22. Cosmic activity in the most sensitive area of your chart makes it easy to reach down into your subconscious and find out what makes you tick.

Leo | July 23 - Aug. 22. Reaching out to those who share your beliefs could put you in touch with some interesting people.

Virgo | Aug. 23 - Sept. 22. Today you can and you should make a good impression on those who can influence the course of your career.

Libra | Sept. 23 - Oct. 22. With the Sun, Mercury and Venus all moving through one of the most dynamic areas of your chart, much can be achieved. Aim high.

Scorpio | Oct. 23 - Nov. 21. You may feel somewhat vulnerable right now but it's nothing to worry about. If you do, you could end up worrying yourself into a corner.

Sagittarius | Nov. 22 - Dec. 21. It may seem as if you are doing all the giving while others are doing all the taking, but it's for a reason.

Capricorn | Dec. 22 - Jan 20. You may find it hard to slow down today but you must. Cosmic activity in the wellbeing area of your chart urges you to be kind to yourself.

Aquarius | Jan. 21 - Feb 18. Your confidence will surge over the next 24 hours and soon you will be doing what others say is impossible.

Pisces | Feb. 19 - March 20. Use emotions over logic today. If you appeal to someone's sense of sympathy or passion, you will win them over with ease. **SALLY BROMPTON**

Caption Contest

"I'm gonna bed it like Babar!" - George

STEVE PARSONS/PA WIRE/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy — hard

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening?
Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at **metropolitanpanel.ca,** choose your country and join the global conversation!
metropolitanpanel.ca
Metropolitan
Panel